

Weighing In Newsletter

November 2011

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Staying on the Wagon!!!

Recently, Dr. Dums, Tricia and I returned from the American Society of Bariatric Physicians conference in Las Vegas. We go to these conferences each year, usually twice, in order to come back with some advanced knowledge on how to keep our patients on track in their weight loss goals.

One of our patients has a weight of about 600 pounds. When I questioned him of how he got this way, he said, "It was just a little bit at a time. I finally just figured I would always be obese". He said when trying to lose weight before was intending to "stick to the program," but gradually he slipped back to his old habits.

Same as people who lose their weight and fail to come back to The Weigh Station, they gain a little bit back at a time. I'm sure most of you have heard a similar experience from the patients who have had to return.

Maintaining habits is like maintaining a car. You might get a chip in your cars paint. Initially, you might be too busy to worry about that small chip, but over time the environment erodes the paint surface, until the rust spreads. Given enough time, what started as a small chip might eat way through the underlying metal. Just as keeping an exercise pattern and good judgment in your eating habits will return great benefits, you just have to stick to it. If you notice a small chip early, fixing it is relatively simple. Especially if you continue coming to see us for follow-ups once you are in maintenance.

Think of it this way, if you regularly go to the gym for a few years and take a week off, you don't need too much encouragement to head back. The longer the condition response is, the greater the habit will become and the easier it will be to restart only after minor glitches. The Weigh Station program is much like this - the more you come (even in maintenance) the better you do! Unfortunately, over and over again our nurses call and check on patients and some say, "I just needed a break." A break from health? A break from eating correctly? When you commit to a lifestyle change there should not be a break. Of course, on occasion you will deviate from eating exactly how you should, however if you commit to a healthy lifestyle you should find it easy to get back on track.

How to Stay on the Wagon

If a habit is important to you, whether it is exercising, waking up early, daily studying or eating correctly, just monitor it! The goal isn't to be completely perfect. Adherence to a goal or purpose will only bring you greater satisfaction if you stay on track!

Here are a few ways to consider monitoring what you have been doing, i.e., your habits:

1. A daily checklist.

Benjamin Franklin famously kept a list of 13 virtues he wanted to become habits. Everyday he would see how he performed in the virtues. Keeping a checklist can give you a quick idea of how you are adhering to your goals.

2. Mark your calendar.

When I was in medical school I used to go to the Prairie Life Center out in Omaha, Nebraska, the owner had kept a calendar in the gym and he would mark on it. When he showed up, he marked on the calendar for each day he went to the gym. This way, it was easy for him to see if there were any long stretches without him being there.

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3. Weekly and monthly reviews

Look at your progress and see where you have been and where you're going. Part of maintaining is being accountable. The joy of coming to The Weigh Station winners meetings is to see how many people want to be accountable, and creating accountability partners with each other.

How do I get back on the wagon? Nobody's perfect. In fact, if your new habit fails it doesn't mean your calendar is flawed or you're undisciplined. Restarting a habit can require a bit of work, more than just simple maintenance, but it is usually easier than starting from scratch.

We have so many ways to help you here. The only thing stopping you from being helped is you!

One of the many things we learned at this conference was that people who gain their weight back really had no intention of failing. They just gradually strayed ever so slowly from what they knew to be correct for them. Carbohydrate intolerance, insulin resistance, subclinical thyroid disease, etc. can be cited as obstacles to weight-loss; but the above are not insurmountable and strategies (to weight-loss) can be made with the above in mind. Remain accountable and stay focused, when you deviate ever so slightly make the correction needed to get back on track.

All of us here at The Weigh Station are determined to see you succeed. Please allow us to help! Thank you for the faith that you have placed in each of one us here at The Weigh Station.

Blessings, Chuck Shaffer M.D.

Flax Bread

Ingredients:

- 2 cups flax seed meal
- 1 Tablespoon baking powder
- 1 teaspoon salt
- 1-2 Tablespoons stevia
- 5 beaten eggs
- 1/2 cup water
- 1/3 cup oil



Directions:

Preheat oven to 350 F. Line cookie sheet with parchment paper, set aside. Mix dry ingredients. Add wet to dry and combine. Let batter set for 2-3 minutes. Pour batter onto cookie sheet and spread evenly. Bake 20 minutes. Cut into 12 slices.

Ingredients:

- 4 small Cornish game hens, rinsed, patted dry, excess fat trimmed
 - Salt and freshly ground black pepper
 - 3 tablespoons minced fresh sage leaves
 - 2 tablespoons minced fresh parsley
 - 1 tablespoon fresh thyme leaves
 - 2 tablespoons grated orange zest
 - 2 tablespoons butter, at room temp
- 2 oranges, cut into wedges

Directions:

Preheat oven to 450 degrees F and season hens inside and out with salt and

Directions:

Preheat oven to 450 degrees F and season hens inside and out with salt and pepper. Turn hens breast side up and use your fingers to loosen the skin from the flesh, careful not to tear it. In a small bowl, mix together sage, parsley, thyme, orange zest, and butter. Rub herb butter underneath the skin of each hen. Pat skin down against flesh. Stuff each hen with orange slices. Place hens on a rack in a roasting pan and roast for 25 minutes. Reduce oven heat to 350 degrees F and roast an additional 25 to 30 minutes, or until the hen's juices run clear when pierced with a knife. If desired, deglaze the pan juices and serve with the hens.

Hearty Stuffing with Nuts and Apples

Ingredients

- 1 loaf homemade flax bread *recipe on previous page
- 1/2 stick of butter, organic preferred
- 1 large white onion, diced
- 3 large stalks celery, diced
- 1-3/4 cups chicken stock
- 3 tablespoons ground sage
- 5 large apples, washed, cored, diced large with skin
- 2 cups walnut pieces
- 3 large eggs, beaten
- Nonstick cooking spray

Directions

1. Preheat oven to 350 degrees F.
2. Prepare large baking dish with nonstick cooking spray. Toast walnut pieces at 250 degrees F for approximately 20 minutes (or until they begin to smell like popcorn).
3. Cut bread into crouton-sized cubes. Toast for about 25 minutes at 250 degrees F, turning to crisp evenly.
4. In a small stockpot, heat butter, stock and sage on medium heat, stirring occasionally until boiling. Lower heat; add apples, celery and onions; simmer for another seven minutes.
5. Combine croutons and walnut pieces in a very large mixing bowl; stir in stock mixture from saucepan until croutons are evenly moistened.
6. Mix in beaten eggs; combine thoroughly.
7. Place stuffing in prepared baking dish; bake at 350 degrees F for 45 minutes, stirring once after 20 minutes. If stuffing a bird, stuff loosely and be sure that the internal stuffing temperature has reached at least 165 degrees before completing cooking.

Makes 16 (1/2-cup) servings



Carl Tremblay

Tis The Season for Accountability...pre-pay and SAVE!!!!

The Weigh Station is running a special in the months of November and December that allows you purchase a pre-paid card for 3 weekly visits (\$150.00)...by doing this you will receive an additional \$50.00 on your card to be used toward your 4th weekly visit.

Why? We are trying to encourage our patients to come in during the Holiday season when it's easy to skip your appointments. We are confident that if you pay in advance you will come! Please take advantage of this great offer. Ask our front staff today for details.

*If you took part in Christmas in July this will not be applicable, one discount per person please.



Why Avoid Soy Milk?

Most American soy products are processed in some way. For example, soy milk contains soy isolates. The Chinese did not eat unfermented soybeans because the soybean contains large quantities of natural toxins or "anti-nutrients." These anti-nutrients or enzyme inhibitors block the action of enzymes needed for protein digestion. Soy isolates, which are the key ingredient in most soy foods such as imitate meat and dairy products are created when the soy is mixed with an alkaline solution to remove fiber, then separated using an acid wash and finally neutralized in an alkaline solution. Acid washing in aluminum tanks leaches high levels of aluminum into the final product. The resultant curds are spray dried at high temperatures to produce a high protein powder. If this isn't enough to make you decide to forgo soy consider the fact that it also interferes with thyroid hormone absorption and utilization. If you have hypothyroid eating soy products can make your condition and symptoms worse! In addition, soy contains estrogens which could in some individuals interfere with weight loss. If it's all natural soy you're after, such as edemame, make sure to soak it over night and rinse well before eating. This will help reduce the number of phytates in the food.

Consider coconut milk as a substitute. Although it is a saturated fat, it's considered healthy. It is a medium chain saturated fat meaning that instead of being stored, it's used for energy and therefore does not create any health risks to your heart. It is also low in carbohydrates. Consider using this in your coffee or mixed drinks instead of soy milk.

Reference: <http://www.westonaprice.org/soy-alert/tragedy-and-hype>

Label Lingo

Every convenience store, drugstore and grocery is packed with snack products that claim to be great for low carb diets. For example, how many have seen packages that say something like “only 2 or 3 net carbs per serving”? These are often also referred to as “low impact carbs” and are found on the front of the package. If you actually look at the nutritional label on the back (the only one that the FDA regulates) it will list a far higher carb count. What is going on here?

These “net or low impact” carbs are often what we call sugar alcohols. On the ingredients label these would include substances like maltitol, glycerine, lacticol, sorbitol or polydextrose and are major ingredients of bars. What are sugar alcohols? They are actually hydrogenated starch molecules which are a byproduct of grain processing.

Despite the “net carb” claims, these sugar alcohols are digested and absorbed. Each gram of a sugar alcohol can supply anywhere from less than 1 to as much as 3 calories. Erythritol comes in lowest, delivering less than one calorie per gram. Maltitol--the sugar alcohol found in most “low carb” foods is the highest, delivering 3 calories per gram. This is only slightly less than the 4 calories per gram that regular carbohydrates (sugar) supply.

Since these are metabolized, the US law requires that they are reported as carbohydrates on nutritional labels and their calories are included. Unfortunately some companies do their best to mislead the public. For example, one company was fined by the FDA for ignoring the 20+ grams of glycerin found in their bars. The company decided to call the glycerin “net carbs” on the front label but failed to include the actual gram amount on the nutrition facts. Of course in small print on the back of the label it explained that sugar alcohols have “negligible effect on blood sugar”. They go on to explain that because of this the consumer can simply ignore them. So, if a food has 24 grams of total carbohydrate they claim that only 4 grams need to be counted since 20 of the grams are from sugar alcohols.

Unfortunately this isn't always true and many who trust these claims see a plateau in their weight loss progress. In addition, these sugar alcohols come with some hefty side effects including gas, bloating, abdominal cramping and even diarrhea.

Drumstick Dash 5k

Hey everyone! The Drumstick Dash will soon be here and I just wanted to give out some information that will get you on track and make the event an enjoyable occasion for everyone! First just a little information on what the Drumstick Dash is. This year, 2011, will be Rescue Ministries 6th annual Drumstick DASH. This event helps them feed the more than 350 people who seek their services every day of the year along with supporting programs that help Roanoke's Homeless and Needy population. The DASH is held on Thanksgiving morning with events starting at 9:00am and 9:10am. To register for the 5k (3.2mi) running/walking event you can go to <https://www.raceit.com/register/groups/default.aspx?newgroup=true&event=5674> or you can look up Roanoke Drumstick DASH to get the information.

If you have been with our program for a few months or more and have been actively pursuing the exercise outlined in your book you are most likely ready and a 5k will not be very challenging for you. For those of you who are new to our program, it's not too late! You can start right now and still be ready by Thanksgiving Day and here's how. Before you begin it is very important that you have comfortable walking shoes that fit you properly. Also, make sure to wear socks that protect your heel from being rubbed by your shoe. If it is chilly out wear a jacket but make sure it can be taken off just in case you get too warm. Always walk in a safe environment, bring plenty of water and have a walking buddy if possible.

Day 1: Walk at a brisk pace, slowing down when needed, for 20 minutes.

Day2: Rest

Day3: Walk at a brisk pace, slowing down when needed, for 30 minutes.

Day4: Rest

Day5: Walk at a brisk pace, slowing down when needed, for 45 minutes. This will be challenging but push yourself and complete the whole time.

Day6 and 7: Rest

Day8: Walk at a brisk pace, slowing down only when you absolutely need to, for 35 minutes.

Day9: Rest

Day10: Walk at a brisk pace without slowing down for 45 minutes.

Day11: Walk at a moderate pace without stopping for 30 minutes.

Day12: Walk at a brisk pace without slowing down for 55 minutes.

Day13: Rest

Day14: Rest

Day15: Drumstick DASH!

